



Fighter HIIT (45 min)

Learn Power Boxing Moves, Bodyweight Exercises and Strength Movements to shred body fat and build lean muscle mass

High Intensity Interval Training is your solution to develop speed, gain strength, become more explosive, and cut your training time in half

Benefits of training at a higher intensity 2x per week:

- Increased Energy and Performance
- Decreased Body Fat % by building Muscle Definition
- Confidence to Dominate your Sport

Kettlebell & Strength (1 hour)

Resistance and strength training mixed with med ball conditioning and plyometric intervals

Designed to teach you kettlebell and resistance training to develop muscle definition, build inner strength and basic plyometrics

Benefits of kettlebell and strength training :

- Increased confidence with body transformations
- Builds muscular definition
- Mental clarity

Spartans Complete Athlete (45 min)

8 week sport specific training designed to optimize your strength and conditioning performance

Learn basketball specific strength moves to generate power and speed on the court and improve reaction timing and agility drills

Benefits of training sport specific 2x per week:

- Improve fast twitch muscles
- Flexibility, mobility and dynamic warm ups
- Improve change of direction and footwork skills
- Mental mindset, sleep, recovery
- Injury risk reduction

Tennis Specific Training (1 hour)

6 week sport specific training designed to optimize your strength and conditioning performance

Tennis training program customized to develop greater acceleration and explosive work

Benefits of sport specific training :

- Flexibility, mobility and dynamic warm ups
- Strength, speed, power and endurance
- Improved agility skills and reaction timing drills
- Mental mindset, sleep, recovery
- Injury risk reduction

Inner Strength for Kids (1 hour)

6 week after school program geared towards self esteem and self confidence building skills, empowering children to build their Inner Strength

Dynamic warm-ups, boxing circuits, team relay races, sport specific games, Eat Smart Stay Fit snack recipes, and multi-level obstacle course

Benefits of building inner strength :

- Builds a fearless mindset
- Improves self confidence and self esteem
- Learns how to get creative with workouts
- Positive affirmations and team building skills